

## **Requirements pre- and post-training plus new schedule:**

### **Let Your Yoga Dance Complete Teacher Training**

#### **Dear Friends,**

Welcome to our new Let Your Yoga Dance Teacher Training in one section! Because we often have a two module training, there are some things you need to do before the training begins – and afterwards – to make your training experience joyous, fun, and successful. You will receive a Health and Information Form to be completed online. It is important that I receive this form *prior* to the training.

#### **Required Reading and Listening BEFORE attending the training**

**Note:** Megha's book, DVD, MP4, CDs are available on Megha's website, [www.letyouryogadance.com](http://www.letyouryogadance.com)):

##### **1) Megha's Book:**

*Expanding Joy: Let Your Yoga Dance, Embodying Positive Psychology* (available digitally)

##### **2) Megha's DVD/ or MP4:**

*Let Your Yoga Dance – with Megha!*

##### **3) Megha's CD (available digitally):**

*Moontides* (Learn the Gentle Moon Salutation)

##### **4) Watch Megha's YouTube Channel**

Pay close attention to the Chakra reviews and Yamas / Niyama lecture

**5) You will receive a music playlist before the training begins.** Please listen to it, get to know it, dance around your living room with it. It will be your playlist for Final Practice Teach Day. You will practice teach with a very small group of 3 people on the last day of the training.

**To Bring:** Bring layered clothing and a water bottle.

#### **Post Training To Dos:**

When you return home after the training, you will be instructed to lead four hour-long practice teach classes in your community to solidify what you learned. This will give you a great leg up before you advertise yourselves as a Let Your Yoga Dance instructor.

## **DAILY SCHEDULE**

*Friday Opening Night: 7:30 to 9:30 pm*

*Saturday: 9:00 a.m.-12:30 p.m.; 2:00-5:30 p.m.; 7:30-9:15 p.m.*

*Sunday: 6:30 to 8 am; 9:00 a.m.-12:30 p.m.; 2:00-5:30 p.m.; 7:30-9:15 p.m.*

*Monday 9:00 a.m.-12:30 p.m.; 2:00-5:30 p.m.*

*Tuesday 6:30-8:00 a.m; 9:00 a.m.-12:30 p.m.; 2:00-5:30 p.m.; 7:30-9:15 p.m*

*Wednesday 9:00 a.m.-12:30 p.m.; 2:00-5:30 p.m.*

*Thursday: 6:30-8:00 a.m; 9:00 a.m.-12:30 p.m.; 2:00-5:30 p.m.; 7:30-9:15 p.m.*

*Friday: 9:00-11:30 a.m.*

We are looking forward to offering you this training in one section. As you commit to taking advantage of these upfront to dos, you will have a much easier time learning the methodology and technology of a Let Your Yoga Dance class. This is a blessed practice. My excellent staff and I are committed to offering you a rich and transformational training, “where joy and fun meet deep and sacred!”

Should you have any questions, do not hesitate to send me an email:  
megha@letyouryogadance.com

Welcome to our Let Your Yoga Dance world community!

*In joy,*

*Megha*

*CJO (Chief Joy Officer) and Founding Director, Let Your Yoga Dance® LLC*